

B-38-X

Roll No.....

Total No. of Questions : 18]

[Total No. of Printed Pages : 4

XIIKDRO/N19

24838-X

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

(Long Answer Type Questions)

5 each

1. Specify the role of Sociology in sports. How Physical Education Programme leads to leadership and value education ?

Or

✓ Explain in detail the games and sports as man's cultural heritage.

2. What is the role of Yoga in sports with specific reference to Asanas, Pranayam and Meditation ?

Or

✓ Explain the Ashtanga Yoga in detail.

3. Give the history of Athletics. Write down the various Athletic events conducted in 400 m track.

Or

Write the history of cricket and draw the clean diagram of cricket pitch showing its all crease marking.

(Short Answer Type Questions)

3 each

4. Discuss the role of aerobic endurance in Physical Fitness.
5. Elaborate the continuous training method.
6. Explain need of Moral Education in the modern sphere.
7. Discuss the essential elements of Positive Sports Environment.
8. How would you prevent sports related accidents ?
9. Write a brief account of doping in Sports.
10. Give an elaborate account of Fartlek training.

(Very Short Answer Type Questions)

2 each

11. Briefly write about any *four* values of Moral Education.
12. Write the fundamental skills of Basketball and explain any of the offensive skills.
13. Define speed and strength abilities as the components of Physical fitness.
14. Write a short note on isometric exercise.
15. Explain the term RICE.

16. What do you mean by Heat Stroke ?

17. Define leadership. Give two qualities of a leader.

1 each

(Multiple Choice Type Questions)

18. (a) Choose the correct/most appropriate answer of the following questions :

(i) Which among the following style is used in long jump ?

(A) Peri O Brien Style (B) Fosbury flop style

(C) Hitch Kick Style (D) None of these

(ii) Who defined Sociology as "Sociology is the Science of Society or Social Phenomena" ?

(A) J.F. Cuber (B) Max Weber

(C) I.F. Ward (D) None of these

(iii) Who among the following introduced the isokinetic method of training for strength development ?

(A) Plato (B) J.P. Parrine

(C) Jacobson (D) None of these

(b) Fill in the blanks with appropriate answer :

(iv) Internal environment is also known as

(v) Circuit training method develops strength along with other components of

(vi) Limbering down also means

(c) Choose the correct/most appropriate answer and write in your answer books :

(vii) A track consists of one straight and one circle.

(True/False)

(viii) Sociology is the science of Individual behaviour.

(True/False)

(d) Answer the following questions in a few words *or* a sentence *or* as may be required :

(ix) Give one definition of Sociology

(x) Define Running Radius.